

TRENDY TIMES

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Concord, VT Artist James Frase-White To Be Welcomed With Reception And Exhibition At NEK Artisans Guild

The Northeast Kingdom Artisans Guild welcomes the works of Concord resident James Frase-White with an exhibition on view through February 28.

The artist will welcome visitors at a reception on Saturday February 7 from 3:00 to 5:00 pm. He will be delighted to talk with visitors

about his sources of inspiration and the stories underlying the work -- stories told through stained glass, sculpture in marble and stone, folded and cut paper which range from whimsical to solemn, from the world of nature to the world of fantasy.

James Frase-White received his training in art in Boston, and at the same time earned a BA in philosophy while achieving honors in Art. He says, "Art became my refuge, and taught a way that transformed life into a meaningful existence. It was through art that I discovered the history of humankind." Fifteen years ago, he was hired as a

reading tutor in an elementary school, where he discovered that cutting paper can be a teaching tool, helping children to make abstract letters into meaningful words. He says, "Like the kids, who were so joyously cutting and pasting, I learned to do so too. Both cutting paper and cutting glass have limitations, and each person in the field has a different way of manipulating it. Playing with the peculiarities of each is such a sweet challenge, by planning or by happenstance, they help to convey the world that I see, and what is imagination, into a blend of something that I hope holds at least a modicum of truth that will give the viewer a new appreciation, and a variant understanding of the preciousness of this life we live, on this hallowed space, called earth."

The Artisans Guild is located at 430 Railroad St., St. Johnsbury. It is open Monday-Saturday, 10:30-5:30. 802-748-0158.



Catamount Arts Hosts Chicago Artist & Local Playwright In January

In January 2015, Catamount Arts Center will be presenting the work of Chicago-based painter, Julian Williams entitled, Englewood Boys and a performance piece based upon this collection of portraits by local playwright Ruby C. Berryman.

Just recently the two were the artists in residence at the Northeast Correctional Complex where this unusual inmate art project began. Englewood Boys is a thirteen portrait watercolor collection of incarcerated males in Chicago, Illinois. Mr. Williams' collection is derived as a response to his interaction with the penal system when his own son was incarcerated in a medium security prison.

Ms. Berryman created a writing workshop for the inmates based upon the portraits. Her goal was, "to convey meaning from one

artistic medium to another culminating with a performance." Working through a series of writing and performance exercises, the inmates compiled monologues for each of the thirteen portraits, thus extending the Englewood Boys narrative onto the page and ultimately the stage.

This was the first portrait to performance piece for the Northeast Correctional Complex and Superintendent Al Cormier noted that, "It was impressive that the inmates were able to accomplish so much with the portraits in so little time." A recent blog post which can be found at: <http://www.spaldingmfablog.org/?p=296> chronicles the journey.

The Englewood Boys will be on exhibit for the month of January 2015. A performance which will be open to the public will take place on January 30th at 7:30pm.

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TRENDY Dining Guide

LA COMIDA MEXICANA

By Robert Roudebush

Man, I love good Mexican food. Didn't like having to leave the Haverhill area, go north or south for it. If you agree, read on because it's back in Woodsville, authentic and available seven days a week. Welcome to restaurant "La Comida Mexicana".

Did you know there's a neat little full bar there now, just as you enter the colorful, tastefully decorated restaurant? Wine, four beers on tap, and excellent custom crafted Margaritas. One recent week-end evening about 10 people were sitting and standing around there laughing and talking in a welcoming bar atmosphere. The place is clean as a whistle, cozy, with room for groups or twosomes, and if you have questions, or need menu suggestions, as I always do, the on-premises Manager Kaylee is well-informed and enthusiastic as your guide.

Picture a crispy crunchy corn taco shell, (yes, they have soft shells too) filled to overflowing with savory seasoned ground beef, (or you can have chicken or shrimp too) topped with crisp shredded lettuce, fat curls of fresh cheese, just waiting for Camilla's home-made spicy tomato salsa. You won't need that little skinny bottle of "hot sauce". See two tacos (\$10.49), (you can ask for just one for less cost) on a plate

with Little Grille's expertly prepared black beans and rice, maybe accompany all that with a frosty cold tumbler of brown ale called "All Aboard" custom-brewed for Little Grille by Long trail – that was an excellent meal I enjoyed a few days ago at the newest Little Grille. It's located right next to Woodsville Optical, in the original Subway location, and hours are Wednesday – Sunday, 11 to 8PM, and Thursday – Saturday, 11 to 9PM. You can arrange take-out at 747 2777.

If you're counting, and I am, this past summer, with the creation of "Comida", everything fresh-prepared on

the premises, Camilla and Scotty, family and business partners, increased their ongoing restaurant locations in the area to three. It all began with a roadside stand in North Haverhill in 2006. In Bath, the former 603 Burgers location continues seasonally to offer award-winning custom burgers and seafood. The Littleton location remains solidly successful for several years now in an historic train depot. Warm-weather outside dining available in both locations, nice. "Comida" opening in June of 2014, is the third jewel in a sparkling bracelet of regional destination eateries.

"La Comida" means "the food", and "Mexicana" translates as ...well, you can figure that.

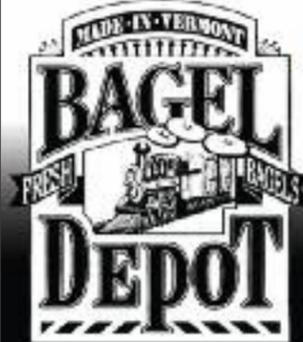
Camilla's heritage is not Mexican, but Brazilian, and the culinary richness of that South American culture enables this chef to be a specialist in south-of-the-border food preparation and presentation – the seasonings, the from-scratch cooking with quality ingredients, all keys to trustworthy taste and appearance.

At least one fourth of the menu is devoted to Mexican delights, but there is far more to offer, including a prime-rib special Friday and Saturday nights for less than 20 dollars which includes two sides.

(I went for the prime rib one recent Saturday, but got there just too late – they had

sold out. I was directed by my excellent server Evaline to the "Cowboy Steak", an aged charbroiled ribeye, with fries and cole slaw, all delicious.) So after you've checked out Burritos, Enchiladas, Chimichangas, and Tequila Lime Chicken, and Sizzling Fajitas, don't forget loaded nachos, Wings (bone-in or boneless) skins and chili. Another great steak? How about 14 ounces of a New York Strip. A Spanish-influenced specialty is PAELLA, a classic dish including shrimp, scallops, onions and peppers served over rice. Wednesday special all day is any burger – pay attention to the Brazilian or Dirty Mexi – and a side of your choice like Cole slaw, all for 6 dollars.

Ole!! And viva la Comida Mexicana!



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Local Forum: Will A People's Article V Convention Reform Washington?

LITTLETON A never-yet-used Constitutional "Convention of States" to reform federal government will be discussed at a public forum on Thursday January 22 at 7 pm at Littleton's Opera House. The event is free and open to all parties who are interested in learning more about how the Constitution provided a mechanism for correction for the federal government that has never yet been employed by the people. It is found in Article V of the US Constitution. The convention would need to be voted upon by the states in order to occur.

The discussion of the "Convention of States" has become more prevalent recently as independents and members of both parties have been frustrated by Washington politics. Many people are supportive of particular politicians but believe that the system needs reform for them to do the jobs they were sent to perform. It will take bipartisan discussion and understanding for such a corrective convention to be set up and to tackle the challenges of politics today.

Recent U.S. Senate candidate Jim Rubens will speak in support of the never-before-used state power contained in Article V of the US Constitution to force reform on the federal government. "Voters have suffered through a succession of 'change' elections,

where we've been told that history hangs in the balance," says Jim Rubens, also previous NH state Senator. "The increasing flood of money and TV ads and the recent Cromnibus budget have only further inflamed public cynicism about the political system and driven trust in Congress to all-time-lows while the nation's most pressing challenges – deficits and debt, living wage jobs, national security, and systemic political corruption -- go unaddressed." Rubens will speak about newly energized Article V organizing efforts on the political right and left, amending convention mechanics, and why fears about a "runaway convention" are unfounded. Q&A will follow Rubens' remarks.

If at least 34 state legislatures apply on one or more specific subjects (such as balanced budget, term limits, political money reform, etc), Congress is obligated by the Constitution to schedule an amending convention of the states. Convention delegates selected by the states are charged with crafting proposed amendment language pertaining to the application subjects. Proposed amendment language is then sent back to the states, 38 states are required to ratify.

The event is free and open to all parties and independents too. Sponsored by

Northern Grafton Republican Committee which is not endorsing the convention at this time, but hoping to improve all of our understanding of its methods and potential. All are welcome. Thursday, January 22, 7:00 pm, Littleton Opera House, 1 Union Street, Littleton, NH. More particulars of the event can be found on FaceBook at Northern Grafton Republican Committee.

Readers can learn more about Article V amending convention organizing efforts at: Convention of States: <http://www.conventionofstates.com/>



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Here are some basic demographic facts about education in NH. In 2010-11, NH had a total of 194,595 enrolled students in grades K-12. By the 2013-14 school year, NH's student population had dropped to 185,320. The state's organizational structure includes 129 traditional school districts, 34 cooperative school districts, and 12 districts that do not operate schools. The state has 307 elementary schools, 70 approved middle schools, 81 senior high schools, and 18 charter schools.

The Granite State fiercely protects this organizational structure. It is premised upon "local control" and our cherished belief in the "town meeting system." To maintain this educational system, legislative bodies at the state and town levels, annually and bi-annually, craft budgets in support of education. It is true that educational efficiencies can be recognized through consolidation of schools and by increasing pupil teacher ratios toward the statutory limits of 25:1 in elementary grades and 30:1 in high school, but many find it difficult to move in this direction or to further dismantle educational programs. In developing future budgets, many tough decisions will be made at the town and state levels.

In 2013-14, statewide education expenditures totaled an estimated \$2.793 Billion dollars. How did this figure influence and relate to monetary support from the NH taxpayer? To answer this ques-

tion, it is better understood if we look at the sources of each educational dollar. On average, for each educational dollar spent, 70% is derived from local property tax. This figure includes local school property tax and the state education property tax. Of the remaining portion of the dollar, 24% is from a variety of state aid sources, and slightly less than 6% comes from the Federal government. The Federal government contributes the least, but many local costs are based upon Federal mandates.

What further complicates education budget matters is that many mandates such as special education, school building construction and renovation, and vocational tuition and transportation reimbursement do not receive funding support in accordance with state statute, and locals are forced to pay the difference. In the case of special education, the total cost of programming for NH's K-12 special education in FY13 equaled \$662,361,000. State and Federal Aid equaled \$127,072,950, which left the unfunded mandate of \$532,288,050 as a cost to be absorbed by local districts.

Similar funding issues are in other services such as transportation, health and human services, etc. While developing budgets all elected officials will need to look for efficiencies, question many programs and always remember who pays the tab.

As always, I welcome your input.

The View From House Seat 87

By Representative Chip Conquest

A new biennium of the Vermont Legislature began on January 7th and in keeping with tradition the first order of business in the House was to elect a Speaker. Shap Smith was elected to that position for the fourth time, and with that we were under way. The afternoon of the second day is generally devoted to the Governor's inauguration and address. This time, of course, the legislature first had to determine who would be Governor.

While this is not all that uncommon in Vermont's electoral history – recently both Governor Douglas and Governor Shumlin were elected this way to their first terms – it became a bigger issue than usual, in part because of the unexpected closeness of the gubernatorial race, and in part because the challenger, Scott Milne, didn't concede after losing the popular vote.

As everyone is by now no doubt aware, when no candidate for Governor receives more than 50% of the vote in the general election, the state constitution requires the legislature to choose, by ballot, one of the top three vote getters. And that is the constitution's full guidance on the subject. How a legislator

should determine who to vote for is not addressed.

For me the decision was about fidelity to the results of a legitimate democratic process and honoring the principle of one person one vote. For that reason I voted for the candidate who got the most votes in the general election. But because transparency is fundamental to confidence in our election process, I want to explain just a bit more the reasoning that brought me to that decision.

First, the office of Governor is a statewide office elected by statewide popular vote. Some argued, however, that in this particular instance because no candidate received a majority Representatives and Senators should vote as their districts did. But doing so would be to create a new vote tallying system out of whole cloth. If the authors of the Vermont Constitution wanted us to fall back on a different tallying system when a majority wasn't achieved, I'm confident they would have made that clear. Substituting a new system for counting votes that subverts the fact that 2,432 more Vermonters voted for one candidate over the other in a legitimate election strikes me as frankly undemocratic.

Some suggested that leg-

islators should vote for Mr. Milne because Mr. Shumlin has been a poor Governor, or worse, and that Vermont needs new leadership. While I agree with many of the criticisms that have been leveled at the Governor and even with the general sentiment that we might benefit from a change in direction, I don't feel I have the right to substitute my personal judgment for the decision made by the voters in the election we just had.

Imagine if the situation were reversed and Milne had won the popular vote, but I decided that in my judgment he wasn't capable of doing the job effectively and voted for Shumlin instead. I would be rightly criticized – blasted even – for having ignored the will of Vermont voters in a fair and open election. I wouldn't do that. If Milne had won by one vote in the popular election, I would have voted for him in the legislature's election.

Finally, there is the weight of precedent. Not since the 1850's has the legislature elected someone Governor who didn't win the statewide popular vote. Recently, after a close race in which neither received a majority, Brian Dubie asked the legislature to elect popular vote winner Peter Shumlin; Doug Racine urged lawmakers to vote for Jim Douglas who had won the popular vote, even though it was with a lower percentage than Shumlin had in this election; and Douglas himself said that legislators should vote for the winner of the popular vote in this election and consider amending the constitution so as to leave elections in the hands of voters. I agree with the former Governor on both counts.

As always, if you have questions or comments about issues before the legislature don't hesitate to contact me.

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Chip Conquest is the Vermont State Representative for the towns of Newbury, Groton and Topsham.

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From The Desk Of NH State Senator

Jeanie
FORRESTER

Dear Constituents,

This past week the non-partisan Legislative Budget Assistant presented a "snapshot" of the state budget as of January 14th, 2015. Year-to-date, we are ahead of revenue estimates by \$19.2 million which, if we didn't have some spending problems, would give us a projected surplus of just \$44,000.00 to end Fiscal Year 2015.

But, as I mentioned above, the state has a spending problem and though we've been asking for information from the Governor since July of last

year about department spending and lapses, the only hard data we've been able to get has been from the Department of Health & Human Services (DHHS)--and the data isn't good.

DHHS produces a "Dashboard" which is a monthly report meant to inform policy makers about the status of demand for services in entitlement programs. The Department hasn't released any reports since September 2014 (<http://www.dhhs.nh.gov/ocom/documents/dashboard-sept2014.pdf>). In the September report, DHHS had a

\$48.8 million shortfall.

On January 23rd, DHHS will come to the Fiscal Committee to lay out their plan for cuts. (The Governor issued an Executive Order asking departments to cut their budgets.) I am keenly interested in seeing what the Department will be recommending, especially when it comes to our private and county nursing homes.

Apparently, DHHS advised the county and private nursing homes that they will not be paid about \$5 million that was allocated for taking care of some of our oldest and frailest Medicaid recipients. What difference does any of this make to people who don't live or work in a nursing home? Ultimately, this cost will be downshifted to the taxpayers.

The majority of people in nursing homes are on Medicaid and ever since Medicaid was first created in the 1960s, the program has paid for nursing home care

for people who are elderly or disabled and cannot pay for their own care. Every two years, the legislature decides how much money should be paid to all nursing homes for Medicaid. In New Hampshire, the federal government pays half the amount, and the counties pay the other half.

DHHS, through a complicated rate determination process, decides how much each individual nursing home will actually get paid for providing Medicaid care. Right from the beginning, this process is designed so that nursing homes get paid less than their actual costs of providing the care. At the end of that process, after DHHS decides what rate a nursing home should get paid, DHHS then makes another cut, called the "budget neutrality factor." This is a flat percentage cut that applies to all nursing homes across the board. In the most recent rates set by DHHS, that cut amounted to over 29%.

All of this adds up to one thing: the nursing homes get paid substantially less than what it costs them to provide Medicaid services to the State. Now, there aren't many other places the nursing homes can turn to in order to make up what they aren't getting paid for Medicaid services, because the majority of the residents of nursing homes in this state are on Medicaid. And the costs of paying for the care of those residents do not go away just because there is no one to cover those costs.

Which brings us back to why this matters.

A big part of any nursing home's costs are payments to the many hard-working people who are at the bedside of the residents every day and every night, and reductions in rates can mean

reductions in jobs. It would come as no surprise to anyone, then, that rate reductions can have a real impact at the bedside.

But there are also wider impacts. This Medicaid hole means that nursing homes need to find other sources of payment. In the county nursing homes, part of this hole is filled by county property taxes. In the private and the county homes alike, nursing home residents who are not on Medicaid subsidize the shortfall by paying substantially higher rates. So although you might feel the impacts most directly if you live or work in a nursing home, you don't need to be a resident or caregiver in order to be affected by this.

In the last state budget, we appropriated a sum of money for nursing homes that reflected what we in the legislature thought we could reasonably designate for that purpose. The private and county nursing homes have planned their budgets accordingly and I believe we must stand by our funding commitment to them.

When DHHS comes to the Fiscal Committee on January 23rd, I am hopeful they will also stand by the commitment we made and not cut critical funds from the nursing homes.

As always, I want to hear from you. If you have a concern you'd like to share, an event you'd like me to attend, or a problem you think I might be able to help with--please call or email (271.4980 [o] or jeanie@jeanieforrester.com) . If you would like to subscribe to my e-newsletter, visit www.jeanieforrester.com and sign up.

Your Senator from District 2
Jeanie Forrester

Actions Still Speak Louder Than Words

By VT State Senator Joe Benning

When I was in sixth grade our teacher invited a lawyer to give us an explanation of the proper role of government. As sixth graders, my colleagues and I really couldn't have cared less about the subject. We were too busy dealing with hormonal changes, the realization that our parents weren't necessarily perfect, and the struggle to understand how we would fit into the world.

But over four decades later I can still see that lawyer standing in front of our classroom. He had his arms fully extended horizontally and was drawing imaginary circles in the air with his index fingers. We students awkwardly suppressed giggles as he paced the room.

And then he spoke. He said: "In America, I'm free to do this all day long. You may not like it, you may think I'm being silly, but it is my right to do this. It is my right and government will not interfere, unless and until this happens. [At this point he reached down with one index finger down to touch the nose of a girl I had a crush on.] At that point it is government's job and responsibility to step in."

His message instantly became crystal clear to a bunch of sixth graders: we

are free in this country to do what we please, unless and until we interfere with the right of another to do the same. As teaching moments go it was, simply, brilliant!

I was reminded of that recently in a different classroom, specifically Vermont's statehouse. Legislators, numerous dignitaries and many Vermonters had gathered to hear the Governor's inaugural address. Several hundred protesters had also assembled to express their frustration over the Governor's decision not to go forward with a cause they promoted.

The protesters' chants and songs successfully brought their cause to the forefront long before it was time for the Governor to speak. But I became concerned when we senators were called out of our chamber and had to head single-file through a phalanx of police being squeezed towards us by the protesters behind them. I'm quite sure the number of people far exceeded the fire safety code for the building and that was where I began to feel a line was being crossed.

Chapter II, Section 8 of Vermont's Constitution demands that the statehouse remain open to all "who be-

have decently." Protests come with the territory. But in this case the protesters' words were eclipsed by the manner and timing of delivery. They climbed the gallery walls to unfurl huge banners, chanted and sang so loudly it was hard to hear people who were trying to speak. They said they would not cease until the Speaker scheduled a public hearing. They clearly intended to disrupt what we were trying to do. The peaceful protest devolved into in-your-face bullying. It was no longer "decent behavior."

The sad part is that their actions have given cause to those who would prefer to see our open statehouse become a walled fortress. I detest the thought, but it will be hard to argue against cameras, metal detectors and guards at every door now that the "decent behavior" line has been crossed. Actions have consequences. That is why this lawyer, when asked to speak to any class of students about the proper role of government, begins his presentation by extending his arms to draw imaginary circles in the air with his index fingers.



Vintage Racing
Saturday
January 31
10am
Admission \$5 - Under 12 Free
On Site: Hot Food
Warming Area - Handicap Parking
ALSO: A Radar Run
Route 302 - Lisbon, NH
www.lisbonstumpjumpers.org

Calendar of Events

This is a full page of Calendar of Events for local non-profits. Courtesy of Trendy Times.
Put **YOUR FREE** listing here!

TUESDAY, JANUARY 20

NH STATE VETERANS COUNCIL REPRESENTATIVE
8:30 AM – 12:00 Noon
Woodsville American Legion Post #20

EMERGENCY FOOD SHELF

4:30 PM – 6:00 PM
Wells River Congregational Church

THURSDAY, JANUARY 22

FREEDOM & UNITY: THE VERMONT MOVIE
6:30 PM
Tenney Memorial Library, Newbury
See article on page 7

CONSTITUTIONAL CONVENTION PUBLIC FORUM

7:00 PM
Littleton Opera House
See article on page 3

FRIDAY, JANUARY 23

34TH ANNUAL MADRIGAL DINNER
6:30 PM
Town Hall, Monroe

SATURDAY, JANUARY 24

CASINO NIGHT
6:00 PM – 10:00 PM
Boys & Girls Club, 2572 US Rt 302
See ad on page 8

FRIENDS OF LANDAFF CHOWDER PARTY

6:00 PM
Landaff Town Hall

34TH ANNUAL MADRIGAL DINNER

6:30 PM
Town Hall, Monroe

SUNDAY JANUARY 25

BENEFIT TEXAS HOLD 'EM TOURNAMENT
1:00 PM / Cash Games @ 11 AM
ELKS POST 1343 118 Western Ave St. J. Vt.

34TH ANNUAL MADRIGAL DINNER

4:30 PM
Town Hall, Monroe

MONDAY, JANUARY 26

HAVERHILL SELECTBOARD MEETING
6:00 PM
Morrill Municipal Building, North Haverhill

BOOK DISCUSSION

6:30 PM
Groton Free Public Library
See article on page 7

FRIDAY, JANUARY 30

THE ENGLEWOOD BOYS PERFORMANCE
7:30 PM
Catamount Arts Center
See article page 1

SATURDAY, JANUARY 31

OCT PRESENTS: FUNNY VALENTINES
7:00 PM
Alumni Hall, Haverhill
See article on page 11 and ad on page 16

UPPER VALLEY COMMUNITY BAND WINTER CONCERT

7:30 PM
Lebanon Opera House

SUNDAY, FEBRUARY 1

OCT PRESENTS: FUNNY VALENTINES
7:00 PM
Alumni Hall, Haverhill
See article on page 11 and ad on page 16

TUESDAY, FEBRUARY 3

NH STATE VETERANS COUNCIL REPRESENTATIVE
8:30 AM – 12:00 Noon
Woodsville American Legion Post #20

GOOD OLE BOYS MEETING

12:00 Noon
Happy Hour Restaurant, Wells River
Public is invited.

FRIENDS OF LINCOLN LIBRARY ANNUAL CELEBRATION

7:00 PM – 9:30 PM
Jean's Playhouse, Lincoln

CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING

7:00 PM
Morrill Municipal Building, North Haverhill

WEDNESDAY, FEBRUARY 4

WOODSVILLE/WELLS RIVER 4TH OF JULY COMMITTEE MEETING
7:00 PM
Woodsville Emergency Services Building

SATURDAY, FEBRUARY 7

CHURCH SUPPER - FIESTA NIGHT
5:30 PM – 7:00 PM By Donation
United Congregational Church, Orford

OCT PRESENTS: FUNNY VALENTINES

7:00 PM
Alumni Hall, Haverhill

SUNDAY, FEBRUARY 8

OCT PRESENTS: FUNNY VALENTINES
7:00 PM
Alumni Hall, Haverhill

Ongoing Weekly Events

SATURDAYS

FREE BLOOD PRESSURE CLINIC
10:00 AM – 12:00 Noon
Littleton Fire Station

BINGO - 6:00 PM

Blue Mt. Grange Hall, Ryegate Corner

SUNDAYS

JANUARY, FEBRUARY & MARCH
Newbury & Wells River Congregational Churches Will Worship At Wells River Congregational Church

CRIBBAGE - 1:00 PM

American Legion Post #83, Lincoln

MONDAYS

NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Darling Inn, Lyndonville

ADULT STRENGTH TRAINING

1 PM – 2 PM
North Congregational Church, St. Johnsbury
9 AM – 10 AM
Municipal Offices, Lyndonville
10:30 AM – 11:30 AM
Municipal Offices, Lyndonville

BINGO - 6:00 PM

Orange East Senior Center, Bradford

MONDAYS/THURSDAYS

ADULT INTERVAL AEROBIC CLASS
6:30 PM
Woodsville Elementary School

GOLDEN BALL TAI CHI

8:30 AM – 9:15 AM
St. Johnsbury House

TUESDAYS

BREAKFAST BY DONATION
8:30 AM – 10:00 AM
Horse Meadow Senior Center, N. Haverhill

ADULT STRENGTH TRAINING

9 AM – 10 AM - St. Johnsbury House
10:30 AM – 11:30 AM
Senior Action Center, Methodist Church, Danville

NEK COUNCIL ON AGING'S HOT MEALS

11:30 AM - St. Johnsbury House
NOON - Senior Action Center, Methodist Church, Danville
NOON - Presbyterian Church, S. Ryegate
NOON - Darling Inn, Lyndonville

UCC EMERGENCY FOOD SHELF

4:30 PM – 6:00 PM 802-584-3857
Wells River Congregational Church

T.O.P.S. (TAKE OFF POUNDS SENSIBLY)

Weigh In 5:00 PM – Meeting 6:00 PM
Horse Meadow Senior Center, N. Haverhill

WEIGHT WATCHERS MEETING - 5:30 PM

Orange East Senior Cntr, Bradford

AA MEETING (OPEN BIG BOOK)

7:00 PM – 8:00 PM
St. Luke's Parish Hall, Woodsville

TUESDAYS/THURSDAYS

ACTIVE OLDER ADULT STRENGTH CLASS - 1:30 PM
Woodsville Post Office, S. Court St

TUESDAYS/FRIDAYS

GOLDEN BALL TAI CHI
8:30 AM – 9:15 AM
First Congregational Church, Lyndonville

WEDNESDAYS

AQUA AEROBICS - 9:00 AM
Evergreen Pool, Rte 302, Lisbon

ADULT STRENGTH TRAINING

1 PM – 2 PM
North Congregational Church, St. Johnsbury

BINGO - 6:30 PM

Haverhill Memorial VFW Post #5245
North Haverhill

CRIBBAGE - 7:00 PM

Orange East Senior Center, Bradford

WEDNESDAYS/FRIDAYS

NEK AGENCY ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Presbyterian Church, West Barnet
NOON - Darling Inn, Lyndonville

THURSDAYS

ADULT STRENGTH TRAINING
10:30 AM – 11:30 AM
Senior Action Center, Methodist Church, Danville

NEK AGENCY ON AGING'S HOT MEALS

11:30 AM - St. Johnsbury House
NOON - Senior Action Center, Methodist Church, Danville
NOON - Darling Inn, Lyndonville

CRIBBAGE - 1:00 PM

Horse Meadow Senior Center, N. Haverhill

FRIDAYS

ADULT STRENGTH TRAINING
9 AM – 10 AM - St. Johnsbury House
1 PM – 2 PM - North Congregational Church, St. Johnsbury

AA MEETING (OPEN DISCUSSION)

8:00 PM – 9:00 PM
Methodist Church, Maple St, Woodsville

PLACE YOUR EVENT FOR YOUR TOWN, SCHOOL OR ORGANIZATION AT NO CHARGE.

Submit your entries by:

Phone: 603-747-2887 • Fax: 603-747-2889 • Email: gary@trendytimes.com

Deadline for submissions is Thursday, January 29th for our February 3rd issue.

Groton Free Public Library Event

ISO: Small carpet for our lego area (4x6 or 5x7) and used/unwanted toys & small electronics for hacking program (taking apart).

Pi Day Volunteers Needed! The Friends of the Library is working on a NEW spring Pi-Day fundraising project for Saturday, March 14. Interested in helping out? Call Nancy Spencer at 584-3717, or contact Anne at the library.

Book Discussion: "The Rosie Project." Monday, Jan. 26 at 7pm. Written by Graeme Simsion, "The Rosie Project" is an international bestselling romantic comedy. Pick up a copy for an enjoyable winter read and join us for a lively conversa-

tion!

Valentine Time. Friday, Feb. 13 at 3pm. Stop in for a family-friendly pre-Valentine Time! Special crafts, snacks, books, and Valentine Bingo (with prizes, of course).

Round Robin Reading Storytime. Every Tuesday at 10am. For children ages 0-5 and their caregivers. Come share stories and playtime!

Cabin Fever Flix. Due to popular demand, we are now adding new release DVDs to our collection this winter season -- let's beat those cabin fever blues! Free one-week loan for best titles around! Latest titles: "Gone Girl," "Boyhood," and

"Guardians of the Galaxy."

Crafts & Conversation. Every Wednesday, 1-3pm. Join us with your ideas and projects-in-process -- or -- just join us!

All of our programs are free and open to residents of all towns. Find us on Facebook (Groton Free Public Library) or contact Anne: grotonlibraryvt@gmail.com, 802.584.3358. Online catalog: grotonlibrary.kohavt.org.

Open Hours: Mon 2:30-7pm, Wed 10am-4pm, Fri 2:30-7pm, Sat 10am-12pm.

Visit us on Facebook: www.facebook.com/Groton-FreePublicLibrary and at our website: www.grotonlibraryvt.org

Tenney Memorial Library

Freedom and Unity: The Vermont Movie, Part 1, explores the Native and Colonial roots from which Vermont grew. Nora Jacobson, VT film maker, will lead a discussion following the film. Free; re-

freshments. Tenney Memorial Library, Rte. 4, Newbury, VT on Thursday, January 22, 2015, 6:30 pm. Parts 2-6 on subsequent 4th Thursdays Feb.- June.

Bath Library Book Club

The Bath Library Book Club will be discussing "In the Garden of Beasts: Love, Terror, and an American family in Hitler's Berlin" by Erik Larson on Thursday, February 12th at 6 pm at the Bath Public Library. In 1933, William E. Dodd becomes America's first ambassador to Hitler's Nazi Germany. Dodd, along with his wife, son, and flamboyant daughter, Martha, travel to Berlin. Martha is entranced by the parties and pomp, and the handsome young men of the Third Reich with their infectious enthusiasm for restor-

ing Germany to a position of world prominence, but, before a year has passed, the Dodds realize that things aren't what they seem.

Books may be picked up at the Bath Library; hours are Tuesdays and Thursdays 9:00am to noon and 1:00pm to 6:00pm and Saturdays 9:00am to noon. Anyone with an interest in reading and conversing about books is welcome to attend. For information, please contact the library at 603 747-3372 or email bathlibrary@together.net.

Orange East Senior Center

All events held at the Senior Center are open to the public unless otherwise advertised.

We are looking for volunteers for the kitchen for Monday through Friday. We are also looking for substitute drivers for our Meals on Wheels routes. If you are interested, please call or come by.

The East Corinth Cribbage Club will be on Wednesdays for the 2014-2015 season at 7:00 p.m. Cost is \$2.00 per night. A raffle drawing will be held on the last Wednesday of every month. Any level are welcome—please come to enjoy! If you have any questions, please call Sally Osgood 802-222-5756

Bingo is every Monday at 6:00 p.m. The doors will open at 5:00 p.m. The

kitchen will be open selling drinks and food.

Robert's Thrift Store is looking for volunteers on Tuesday, Thursday, Saturday and Sunday. The store is open from 9 to 5p.m. but you can set what hours you would like to work. If interested please call Robert at 222-5001 or stop by.

The Senior Center has a foot care clinic on the second Wednesday of the month. The next clinic is February 11. If you would like an appointment, please call.

Computer class is now on Wednesdays from 3:00 p.m. until 5:00 p.m. This class is for all levels.

There will be Tai Chi Easy classes on Wednesday are at 8 a.m.

The Orange East Senior Center is available for rent. We have a capacity of 125.

If you would like to book your wedding reception or birthday party or if you have any questions, please give us a call.

If you are in need of any medical equipment, please check with Vicky to see if we have it to borrow before you purchase any.

There is space available in the Monday, Tuesday, Thursday and Friday exercise class. The class begins at 9:00 a.m. and ends at 10:00. It is a strength building class. Directly after exercise class on Tuesday and Thursday we continue with a balance class that helps build balance.

Orange East Senior Center is holding informal Line Dancing classes for exercise and just plain fun, each Tuesday at 10 a.m. Come On Down!

Bath Public Library

The Bath Public Library is thrilled to be part of the Junior Maker Program! LEGO Systems, Inc. and the Association for Library Service to Children (ALSC) has made this program possible for children ages 8 to 12, to have the opportunity to play, make and share in our library.

What is making? Making is the simple act of doing. It is both a physical experience -- being hands on -- and awareness that the world is constantly being built and rebuilt. Making is not an end result or finished project; rather it is what is learned through the process.

Bath Public Library will be hosting this 10,000+ piece kit until February 7th. Please feel free to stop by during open hours; Tuesday's and Thursday's 9 to 12

am and 1 to 5 pm, and Saturday's 9 to 12 to take advantage of this Maker program.

Please call the library for more information 603-747-3372 or e-mail bathlibrary@together.net.



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Contact Gary
603-747-2887
gary@trendytimes.com



Grafton County Elected Officials

Elected Officials - Swearing in Ceremony which was held on January 7, 2015 at the Grafton County Court House in Superior Court Room 2 in North Haverhill, New Hampshire.

Grafton County Treasurer – Bonnie M. Parker of Hanover; The 3 Grafton County Commissioners - Linda D. Lauer of Bath; Martha B. Richards of Holderness; Michael J. Cryans of Hanover;

Superior Court Justice - The Honorable Lawrence A. MacLeod, Jr.; Grafton County Sheriff – Douglas R. Dutile of Haverhill; Grafton County Register of Probate – Michael Wopinski of Hanover; Grafton County Attorney – Lara J. Saffo of Benton; Grafton County Register of Deeds - Kelley J. Monahan of Orford.

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Haverhill Recreation's VALENTINES DAY PENNY SALE
Saturday, February 14
10:00 am - 12:00 Noon
Robert E. Clifford Building
65 South Court Street
Woodsville, NH
 A Penny Sale is when you purchase a sheet of 100 tickets for \$1.00. You then browse the items we have on display and drop a ticket (or multiple) into the cup of the item you wish to win. Drawing starts at noon. Winners must be present to claim their winnings!
 Many gift certificates and new raffle items will be available too!
 Raffle tickets are \$1 each or 6 for \$5.
 Refreshments will be available for purchase!
 All proceeds to benefit Haverhill Recreation.
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BOYS & GIRLS CLUB OF THE NORTH COUNTRY

CASINO NIGHT
 A Western themed fundraising event for prizes...
SATURDAY JANUARY 24TH 6 - 10PM
 Located at the Boys & Girls Club of the North Country
 2572 US Route 302
 Blackjack, Craps, Texas Hold' Em, Wheel of Fortune, Roulette, Music, Dancing, Great Prizes, Dinner Buffet & Cash Bar
 Buy tickets at the door or in advance at the BGCNC
 For more info contact Eric or Kerry @ 838-5954 or email us at Eric@BGCNorthCountry.org or Kerry@BGCNorthCountry.org
\$45 per person/\$80 per couple/A 21+ event
 Includes a \$100 chip per person



Someone You Should Know... Todd Holt, Physical Therapist

By Marianne L. Kelly

Wells River, VT—It looks like just another storefront on Wells River's Main Street.

However, step through the door of Todd Holt's Physical Therapy Clinic, and enter a world of hope, wellness and a dash of humor as a wall plaque states, "I found this humerus."

Underneath his soft-spoken demeanor and quiet humor, Todd Holt is a man driven to helping people stricken with illness and injuries reach their goals.

As a student, he loved math and science. "I like any science, like Earth Science, Biology and Anatomy and Physiology," he said. As a college student at the American International College in Springfield, VT, he received Masters Degrees in Biology and Physical Therapy respectively.

Holt credits his sister, Karen Mosher, also a Physical therapist, for leading him to his profession and mentoring him as well. "She did it first, and I followed," he said. Holt considered becoming a veterinarian, but decided that Physical Therapy would be more rewarding.

"I had some issues with my wrist and went to physical therapy before deciding to become one myself, he said. "Karen advised that if I was going to be a physical therapist I should choose a start to finish school so there would be no issues of acceptable credits that loom when you transfer from one school to

another. The American International School offered this."

When asked what he likes most about his job, Holt quickly replied, "I like working with people as opposed to being stuck behind a desk. Some may think it's not fun to work with those who cannot walk, however, it is fun helping and seeing them progress from not walking to being able to walk again." It's interesting to note that employees, Account Manager, Krystal Broe, and Massage Therapist, Karla Boone are also former patients.

Holt noted that his most difficult cases involve people with progressive diseases such as neurological problems, and cancer. "However," he added, "there are many things physical therapy can do to help with quality of life."

He asks each patient about their goals that range from being able to negotiate stairs to living independently, then helps them through specific routines reach goals that help maintain a decent quality of life as long as possible. He described going kayaking last summer with a friend who lost the use of his legs. "He kayaked just as fast as my family and I did."

"I try to help them maintain as much functionality as possible." In some cases, a home health aide might be called in for assistance, or a patient may need a power chair to help get around more easily.

Holt treats young children

to people in their late 90s. He works with many children needing orthotics or may have deformity of the feet. "If a child comes in with a club foot and shoe orthotics or inserts don't help, and they need a specially built shoe, I refer them to a prosthesis specialist like Promise." He also works with adolescents who are dealing with a growth plate, problems with knees or Severs disease involving severe pain in the ankle and heel. "They might need shoe orthotics or a fitness program involving things they can do at home.

According to Holt, the most common conditions he treats concern balance issues including vertigo, and the most common injuries he treats are rotator cuff and shoulder injuries. "When I worked at Dan Wyand in St. Johnsbury, the most common condition I worked with was



Todd Holt with his wife Jennifer

vertigo. "If it's truly vertigo there is an inner ear dysfunction involving low calcium particles that leak from the vestibular into the semi-circular canals of the inner ear. After assessing which semi-circular canal is involved, I do some maneuvers, to help with balance."

Holt, also a Certified Ergonomic and Assessment Specialist visits worksites when needed. "They usually want help and advice on workplace injury prevention," he said. "I meet with the engineers and advise them on purchasing appropriate equipment. One work related injury can cost as much as the equipment," he said, adding, "If someone herniates his back and is out of work for six months, the cost of physi-

cal therapy, injections and anything else needed is enough incentive to invest in injury preventive equipment."

Certified in Post Offer Pre-employment Testing, he also received specialty training in Vestibular Rehabilitation, treating people with dizziness and vertigo issues.

His passion is to provide excellent one on one physical therapy to the community and help patients overcome orthopedic injuries and /or functional barriers.

I empathize with my patients for I too have been injured, and know what it's like to not be able to do things."

And... this is why Todd Holt is someone you should know.

For more information call (802) 757-8000.

Not all Times are Trendy but there will always be Trendy Times

January 20, 2015

Volume 6 Number 8

JANUARY SUPER SALE 0 Down Used Specials WELLS RIVER

| | | |
|---|--|--|
| 2011 Chevy Cruze #40307, LT, 4dr, 1.4L Turbo, 36 mpg \$11,853 \$188¹⁵ A MONTH | 2009 Chevy Malibu #15000A, Hybrid, 4dr, Fully Equipped, 34 mpg \$11,111 \$176⁵⁵ A MONTH | 2013 Chevy Impala #40271, LT, 3.6L, Moonroof, Wing, Low Miles \$16,946 \$233⁹⁷ A MONTH |
| 2012 Honda Civic #40297, LX, 4dr, 1.8L, Nice, 36 mpg \$13,729 \$217⁴⁹ A MONTH | 2012 Ford Focus #40295, SE, 4dr, 2.0L, AT, Alloys, 38 mpg \$13,213 \$209⁴² A MONTH | 2013 Chrysler 200 #40299, LX, 4dr, 2.4L, Nice, 31 mpg \$14,586 \$201⁷² A MONTH |
| 2014 Chevy Impala #40277, Limited, LT, 3.6L, Moonroof, Wing, 30 mpg \$17,947 \$247⁶⁵ A MONTH | 2011 Ford Fusion #40292, SE, 4dr, 2.5L, AT, Moonroof, 31 mpg \$13,808 \$218⁷³ A MONTH | 2010 Toyota Tacoma #24185A, SR5, 4x4, Crew Cab, TRD Sport \$24,725 \$389⁴⁸ A MONTH |
| 2011 Chevy K1500 #24167A, Z71, 4x4, Xcab, 5.3L, Nice \$23,883 \$376³¹ A MONTH | 2013 Chevy K1500 #24194A, Z71, 4x4, Crew, 5.3L, White Diamond ED \$30,550 \$419⁸⁶ A MONTH | 2013 Chevy Equinox #40306, 2 LT, AWD, Heated Cloth, Moon, MyLink \$23,059 \$317⁴⁹ A MONTH |

CHECK OUT OUR NEW SPECIALS!

| | | |
|--|--|--|
| 2015 Chevy Trax LT #25095, All New, AWD, 1.4 Turbo All New Must See \$139 ⁸⁹ A MONTH | 2015 Chevy Malibu LT #15008, 4dr, 2.5L, Wi-Fi Hot Spot, 36 MPG *39 Month Lease \$139 ⁸⁹ A MONTH | 2015 Chevy Colorado #25083, All New, Crew Cab, Z71 All New Must See \$269 ⁹⁷ A MONTH |
| 2015 Chevy Equinox LS #25105, Best Selling AWD Crossover *39 Month Lease \$179 ⁸⁹ A MONTH | 2015 Chevy 1500 LT #25087, 4x4, DBL Cab, All Star, 5.3L EcoTec *39 Month Lease \$249 ⁹⁸ A MONTH | 2015 Chevy Traverse LT #25010, AWD, Quads, Skyscape Roof *39 Month Lease \$269 ⁹⁷ A MONTH |

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*2014 and 2013 payments based on 84 months at 3.99%, 2012 - 2009 payments based on 72 months at 3.99%. Admin. fee included, Tax, Title & Reg. Extra. All payments and interest rates advertised, are available to qualified buyers only, all incentives are subject to change without notice, with approved credit. Photos may not represent actual vehicle. OFFERS GOOD THROUGH 1-31-15. SEE US FOR DETAILS.



HAVERTHILL, NH - Wow beautiful 1.11 Acres with single level 24' x 48' manufactured home. Sunny Living Room, Eat-In Kitchen, 3 Bedrooms, 2 remodeled Bathrooms, additional hobby room with handicap ramp. Upgrades throughout, paved driveway, laminate flooring. Enjoy living here. \$99,500.

HAVERTHILL, NH - Lake front property. Open concept, plenty of natural light. Living Room with wood stove, Kitchen with appliances, Loft, 3 bedrooms, partially finished lower level. Sliders to spacious deck overlooking the lake. Enjoy the two lakes, in-ground pool, tennis and more at Mountain Lakes. \$179,000.

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House Call

By Elinor P. Mawson

On my way back from a day on the beach, sporting a fabulous tan, I decided to stop at an antiques shop for a few minutes.

I was met at the door by a strange man, who looked me over, ripped open his shirt, and pointed to some scars on his chest.

"See these?" he demanded. "These scars are from my being in the sun, and they are skin cancer. This is what is going to happen to you!"

With that, he got into his car and departed.

Reeling from the strangest confrontation I had ever been in, I entered the shop and said to no one in particular, "And just who in the hell was THAT?"

"Oh, that is just Dr. Terry." someone replied. He really is a doctor and is always trying to cure everyone he sees."

"Well, it would be a cold day in hell if I ever needed his 'expertise' " I said.

We spoke a little more

about the funny medical man, and I forgot the whole incident...for awhile.

Several months later, I developed pains in my back which escalated to muscle spasms and finally the inability to move. I took to my bed and wondered if I would ever leave it.

When I didn't get better, I knew I would have to have medical help but how to do it?

Then I remembered Dr. Terry, who was a loose cannon at the time, and might be able to help. I could feel that the cold day in hell was upon me.

He answered my call and said he would be right there--(can you tell that he didn't have many patients?).

Coming into my bedroom as though he knew the way, he announced, "This is going to cost you \$35.00."

I directed him to my kitchen table which was the last place I had seen my checkbook. Knowing the condition of its surface, I knew that it would take him several minutes to locate it--but he

did! I wrote him his check, he wrote me a prescription, and we parted company.

It took quite a while to recover from my bad back. But when I needed medical help, I did go back to see him. Along with treatment, I got a lot of proselytizing and un-asked-for advice.

And when I got pneumonia, he told me in no uncertain terms that I should stop smoking. I lit a cigarette for what became the last time.

When I got to the drug store, my cigarettes went in the trash.

Years later, Dr. Terry was being sued by an unhappy patient, and an article in the paper asked for supportive words for him. I wrote to him only to thank him for getting me to stop smoking; I never heard what happened to him.

He may have been a little wild and crazy but I can only be thankful that our paths crossed, and that his advice has made my life a little easier and probably a lot longer.

Letter To The Editor

Taxed Enough Already

Gas prices are going down... and already a Senator has asked for a federal increase on the gas tax. Six percent for each of the next 2 years making it a 12 percent increase.

The President was in Tennessee to promote his free community college for those who keep their grades up.

Governor Hassan wants to build a commuter rail from Manchester to Boston.

More spending. Spending money we do not have. The federal government is trillions in debt. The governor will not let us know how much she has gone over the budget.

Why cannot our representatives spend only the money we actually have. Why are they not talking about cutting the deficits? How about saving money and putting in rainy day funds?

I don't know about you, but I pay plenty of taxes. More than enough. How about cutting taxes? Or maybe a fair tax. Why are our representatives not talking about that?

Linda Riley, Meredith NH

Linda,

I could not agree with you more! Though New Hampshire does not have a sales or income tax we do have many, many other taxes and fees that not only affect the person paying them (often small business owners) but they also affect the cost of his products or services. And that cost is passed on to the consumer. It means that we all pay those taxes, either directly or indirectly.

In response to your comment about doing something about this, I would suggest you read the article on page 3 of this edition of Trendy Times. A public meeting is being held to talk about this and other very important issues.

Gary Scruton Editor

Old Church Theater Presents Comedy in Haverhill

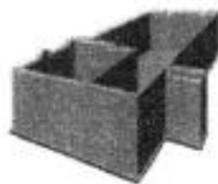
Bradford, VT: Old Church Theater's home stage is in Bradford, but for the first production of its 2015 season (the group's 30th anniversary) they are using Haverhill NH's Alumni Hall to present the comedy "Funny Valentines" by D.R. Andersen. "Funny Valentines" will be presented two weekends, January 31 and February 1, and again on February 7 and 8. Performances are Saturdays at 7pm and Sundays at 4pm. The play is not recommended for children.

Directed by Peter Richard and Barbara Swantak, "Funny Valentines" is about a children's book illustrator who's unhappy about his divorce eight months ear-

lier, when she suddenly re-enters his life (eight months pregnant). When his agent arrives to have him sign a TV contract, a seductive lawyer also shows up with her own agenda, and his ex-wife's mother shows up too, the result is a delightful and farcical mixed-up mess. The actors are Eric Downing, Bailey Hay, Anna Lornitzo, Steven LeBlanc and Robin Ng

Tickets are available at the door for \$12.00, \$10.00 for seniors and \$5.00 for students. Bailey's Café will be open for refreshments. Details are available at www.oldchurchtheater.org. For directions to Alumni Hall in Haverhill, please visit www.courtstreetarts.org

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Letter To The Editor

Wake Up America – Before It Is Too Late

My mother and aunt always told my cousins and me about when they were young.

I remember one story.... My grandmother couldn't find my mother. She was calling "Rose, Rose." My grandmother's godmother called to her that my mother was in her apartment. At that time they were living in a 3 story apartment house in East Boston.

My mother went downstairs to her godmother's apartment. There my mother was sitting in front on the godmother's Christmas tree. She was just sitting there looking at the tree with its lights and ornaments.

The godmother took my grandmother aside and told her that she is now in America and must take on American traditions. She said she would watch my mother, so my grandmother could go out and get a Christmas tree. I still have ornaments from that first tree. Some of the paint is gone. They are so fragile... But to me they are the most beautiful ornaments on the tree.

My family assimilated into the American culture. Yes, I still cook Italian food. I make my own sauce from scratch... but I am an American and proud of it.

Today, America does not ask immigrants to assimilate. I don't think a country can survive if it is being split apart.

Let's look at Europe to see how immigrants not assimilating is working. More and more of European cities have "No Go Zones" for non Muslims... Signs are posted that people are entering an area where they enforce Sharia law. Women must wear veils.

In France there are 751 "Sensitive Urban Zones." What is a Sensitive Urban Zone? These are no go zones by the French police.

In Europe, these no go zones are areas where the police, fire departments and emergency workers do not travel. If you are not Muslim and do not follow the Muslim traditions, they make your life so miserable, that you move out.

Linda,

No go zones. A term that is hard to wrap my head around. I do not doubt that they exist. It is just hard to believe that the pendulum has swung so far that a situation like that is now possible. An area where I, as a free American, should not go because of the life style of those who live there.

I suppose there have always been some areas like that. Areas ruled by gangs in urban areas. Or perhaps areas that have an "undesireable night life", not really saying you should not go there, but you know you probably shouldn't.

But you are talking about areas where there are actual posted signs saying "Do Not Enter"! Yes, indeed, we need to stop this now.

To those who want to come to America, you are welcomed, but know that this is, and will always be America. If you want a different culture, then live there.

Gary Scruton, Editor

This is happening in England, France, Italy, Sweden, Germany and Netherlands. Most police will not admit this publically in all countries but there are lists. A court has ordered that the list be released to the public.

Is this what we want here in the United States? Well it is here already in Dearborn, Michigan. About 45% of the city's population is in its own no go zone. They have their own laws and their own schools. There is no separation of church and state. The mosques determine the law.

I read that an FBI agent said that police are afraid to enter.

There are areas by our southern border where the drug lords rule, that have signs for people not to enter.

So in Paris, 12 people died. It happened in Paris and it can happen here. Even here in NH. We are a tourist area. Bike week... Races at Louden... skiing at the mountains... Summer at the lake....

America, wake up. Europe, wake up.

There are fighters in ISIS that have American passports..... European passports which gives them access to our country

Let's look at the Marathon bombing case in Boston. He hated us so much to bomb innocent people. Why didn't he just leave! If you don't like our laws, the laws of our Constitution, then leave. Go back where you came from. But they sure do like our laws when they are in a courtroom and are on trial. Hypocrisy... Tsarnaev's lawyers asked the court for a change of venue, thinking he would not get a fair trial in Boston. How fair was he to the people he killed or maimed. We all know he committed the crime.

I welcome legal immigrants who want to be here and want to be a part of our country. But the rest, go back where you came from! I bet the French are saying that now.

Linda Riley, Meredith NH

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What Do Low Oil Prices Mean For Investors?

As you've no doubt noticed, your trips to the gas station have been a lot more pleasant these past several months. There's not much doubt that low oil prices have been welcome to you as a driver. But when oil is cheap, is that good for you as an investor?

There's no clear-cut answer. But consider the following effects of low oil prices:

Positive impact on economy — When you spend less at the gas pump, relative to recent years, what will you do with your savings? Like most people, you'll probably spend most of it on goods and services. If you multiply the amount of your increased spending by the millions of other Americans who are also saving money on gas, you can see that you and your fellow consumers are likely adding billions of dollars to the economy. Typically, a strong economy is also good for the financial markets — and for the people who invest in them.

Different results for different sectors —

Different sectors within the financial markets may respond in different ways to low oil prices, even if the overall effect is generally positive. For example, businesses such as consumer goods companies and auto manufacturers may respond favorably to cheaper oil and gas. But the picture might be quite a bit different for energy companies.

You could spend a lot of time and effort trying to adjust your

investment portfolio in response to low oil prices. In fact, you may well want to consult with your financial professional to determine which moves might make sense for your individual situation. Yet there's actually a bigger lesson to be learned here: Don't overreact to temporary developments. The recent decline in oil prices has certainly had an economic impact, but no one can predict how long these prices will stay low or what other factors may arise that would affect the financial markets. That's why you can't reconfigure your portfolio based on particular events, whatever they may be — oil price drops, interest-rate fluctuations, political squabbles at home, natural disasters in faraway lands, and so on.

If you can keep from being overly influenced by specific events, you may be able to gain at least two key benefits: First, by not making trades constantly in reaction to the headlines of the day, you can avoid piling up heavy fees and commissions — costs that can reduce the re-

turn rate on your investments. Second, you'll find that if you aren't always thinking about what's going on in the world today, you can focus your investment efforts more intensely on where you want to be tomorrow. The most successful investors set long-term goals and don't focus on factors they cannot control, such as oil prices, interest-rate changes or other economic events. Instead, these investors make adjustments, as necessary, to accommodate changes in their goals as well as other changes, such as revisions in tax laws — but they basically stick to their same approach for the long term.

So be aware of low oil prices, but don't get so "pumped" about them that you sludge up your consistent investment strategy — because that strategy has the energy to keep you moving toward your important objectives.

^oThis article was written by Edward Jones for use by your local Edward Jones Financial Advisor



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OBITUARY PRISCILLA ELIZABETH POWERS



many years she made mittens for the mitten tree. She was an avid birdwatcher and loved sewing and tending her garden.

Priscilla was predeceased by her husband, Merle Powers on September 25, 1988.

She is survived by her daughter, Heather Long and husband John of Axtell, TX; her son, Daniel L. Powers and wife Jan of Monroe; three grandchildren, Scott Powers of Franklin, VT, Hilary Noyes of Plainfield, NH, and Brett Lamont of Luling, TX; three great grandchildren, Dillon Powers, Talan Patkul, and Connor Noyes; and her sister, Edith Anne Emery of Monroe.

There will be no calling hours.

A memorial service will be on Saturday, May 23, 2015 at 11 AM at the Monroe Community Church in Monroe. Burial will follow in the Monroe Village Cemetery. Memorial contributions may be made to the Monroe Community Church, c/o Mr. Winston Currier, Harley View Drive, Monroe, NH 03771.

For more information or to offer an online condolence, please visit www.rickerfh.com

Ricker Funeral Home & Cremation Care of Woodsville is in charge of arrangements.

Monroe, NH - Priscilla Elizabeth Powers, 92, of Monroe, died unexpectedly on Friday, January 9, 2015.

Priscilla was born on September 24, 1922 in Monroe to Forrest and Ruby (Beattie) Emery. She was a graduate of McIndoe Falls Academy. On February 8, 1950, she married Merle R. Powers.

Priscilla raised her family and helped on the family farm. She also worked at the Monroe Town School. She was a member of the Monroe Methodist Church and was a member and officer of the Monroe Grange. Priscilla was a former 4-H leader and would cook for her group when they would be attending fairs. She belonged to the North Country Chorus, McLure's Student Band and the Monroe Town Band. Along with her husband Merle, they ran the old Monroe ski tow where she would make hot chocolate and provide homemade donuts for the skiers. She enjoyed both downhill and cross country skiing. For

Baldwin Memorial Library To Offer Blood Pressure Cups

Thanks to the Million Hearts national initiative, you can borrow a blood pressure cuff from the Baldwin Memorial Library in Wells River, VT. Launched by the U.S. Department of Health & Human Services and locally administered by the VT Department of Health, this project hopes to prevent one million heart attacks and strokes by 2017. Making blood pressure cuffs easily available is just one of the ways Million Hearts works with community partners to improve heart disease prevention and care.

Borrowing a blood pressure cuff can be especially helpful to patients who have recently begun medication and a new diet for reducing blood pressure. Frequent and consistent blood pressure monitoring during that introductory period is important to determine how well the intervention is working.

The library is located at 33 Main Street North in Wells River Village and is open on

Mondays from 10-5, Wednesdays from 12-6, and Fridays from 12-7. This library has a tradition of lending a variety of items other than books, including snow shoes, children's ice skates,

garden tools, paper shredder, hand dolly, posthole digger, 4-person tent, fishing poles, folding tables and chairs. More information is available at 802-757-2693 or wells_river@vals.state.vt.us.

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A Walk In The Woods - January 2015

By David Falkenham, UNH Cooperative Extension Grafton County Forester

As I walk and talk to private landowners in Grafton County, it never ceases to amaze me at how differently each landowner places value on the forest that they own. Of course all landowners love their land, but how they view the intrinsic and utilitarian value of their land changes constantly from owner to owner. What does remain the same are the top reasons why people own forest land. In general the top four reasons to own private forest land are recreation, aesthetics, wildlife enjoyment, and timber revenue and the order of those priorities is as I have it here. The priorities do change from person to person and there are more reasons of course, but on average this is the order of the top four priorities for private non-industrial landowners.

Forester my job is to help landowners mesh their priorities with the forests that they own and to help maximize the enjoyment of their land. So what do we look at on someone's land? What do I see that I can use to educate and help each landowner? This depends on landowner priorities and objectives, but let's start with the four I have mentioned.

Recreation to me simply means ease of access to your land. Owning land for recreation is pointless if the woods are so thick that you can't walk and enjoy it. I place a very high value on creating and maintaining trails for access and openings to improve views and wildlife habitat. Once this is established, forest recreation has been established for most landowners.

Aesthetics? That is a tough one as one man's trash

is another man's treasure. I don't like the term "junk woods". Usually junk woods refers to a tangle of low quality trees and shrubs. It may not look nice however this is where the wildlife lives. Whenever I walk into a place that has been referred to as junk woods, I often find lots of critters. My treasure!

The same goes for forests with lots of blown down timber. For some reason we generally don't like the look of trees on the ground. Blowdowns are a fact of owning forest land and they almost always attract wildlife. If your idea of aesthetics are lots of homes for wildlife, than blowdowns and junk woods are a good thing.

If a landowner says that their number one priority is wildlife, I start looking for junk woods and lots of blowdowns. If I don't find what I am looking for then I try to think of what the land needs to attract more wildlife, and can we manipulate that with some vegetation management.

As you can see the top three of the four landowner priorities are highly linked. To talk about one is often to talk about another. But what about timber value? I tell landowners that periodic revenue from timber cutting is a very acceptable objective and having this revenue enables a landowner to address the first three priorities by building trails, cutting

views and creating wildlife habitat. If the timber revenue potential is there, then the other three objectives can fall into place and the land can help to pay for itself.

But timber value is much more than just big trees. It is really a combination of tree size, species, quality, accessibility, acreage and a healthy dose of reality. Judging land for its timber value takes some time and expertise and usually encompasses the help of a consulting forester beyond my initial visit. If you own forest land then give me a call; chances are we have a lot to talk about. (603-787-6944)

As the County Extension

The Great North Woods Sled Dog Challenge

The Great North Woods Sled Dog Challenge, originally scheduled for January 17-19th, 2015, has been postponed due to the lack of snow. The event has been rescheduled for March 13-15th, 2015. As originally planned, Pittsburg, Milan, and Colebrook will still each host a stage of the second annual race.

The North Country Mushers are using the additional time before the event to promote the race, raise a larger purse, and expand participation in the event. Rescheduling will allow organizers to add a second class of race participants who will compete in shorter, "sprint" stages on 2 or 3 of the days using the same venues.

The Great North Woods Sled

Dog Challenge is made possible through additional help from the Colebrook Ski-Bees, Pittsburg Ridge Runners and White Mountain Ridge Runners. The schedule of events and updates may be found online at www.NHStageRace.com.

Thursday March 12: Meet The Mushers Dinner at the Pittsburg Ridge Runners Clubhouse, Pittsburg NH - Open to public

Friday March 13: 9 AM Pittsburg NH Race Start, Back Lake Road Trail Parking Lot

6 PM - Meet the Mushers Banquet at Mahoosic Inn, Milan NH. Open to the public. Tickets available at <http://www.mahoosucut->

doors.com/event-tickets.html

Saturday March 14: 8 AM - Vendor Village Opens, Mahoosic Inn

9 AM - Race Start, Mahoosic Inn

10 AM - 2 PM - Family activities, Bonfire, Dogsled rides, Mahoosic Inn

6 PM - Meet the Mushers Banquet hosted by Ski-Bee's at the Colebrook Country Club, Colebrook NH - Open to public!

Sunday March 15: All events held at Colebrook Country Club

8 AM - Vendor Village Opens

9 AM - Race Start

10 AM - 2 PM - Family activities, Bonfire, Dogsled rides
3 PM - Awards Ceremony

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January 20, 2015 Volume 6 Number 8

Coaching Caregivers To Care For Themselves

ST. JOHNSBURY - Recognize any of these symptoms? Burn out. Depression. Guilt. Anger.

Maybe it's time to learn how to regain, and then maintain, your own well-being as you care for an aging parent, spouse or friend.

Offered by the Northeast Kingdom Council on Aging, Powerful Tools for Caregivers is a series of six, 90-minute tutorials also for those who are tending to someone who lives at home, in a care facility, or even across the country.

This program helps women and men of any age discover how to lower stress, communicate effectively with others, problem-solve, set goals, and reduce guilt, anger or depression. Tips on how to keep a healthy momentum going are included.

"Taking this class is a good New Year's resolution to make," said Nancy Oakes, who coordinates the Family Caregiver Support Program. "We welcome newcomers

and those who would like to take the class again."

Starting February 3, Powerful Tools for Caregivers runs from 3 to 4:30 pm Tuesdays in the parlor of the North Congregational Church, Main and Church Streets. Free parking is available in the church parking lot. Use the side door off the parking lot and turn right on entering to go to the parlor. The last session is March 10.

Participants will receive a book, "The Caregiver Helpbook", developed specifically for the class. Additional information will be provided on how and where to connect with such local support groups as those caring for individuals suffering from dementia, Parkinson's, and cancer.

A suggested \$25 donation helps cover costs, but is not required for participating. Registration deadline is Jan.30. Please call Nancy Oakes or Pam Smith at 802-748-5182 or 1-800-642-5119.

Dear Marci...

Dear Marci,

Last month I had to go to the hospital and I called an ambulance to take me there. I got my Medicare Summary Notice for that time period, and I saw that Medicare denied payment for the ambulance ride. I think that Medicare should pay for my ambulance trip. Is there anything I can do to get Medicare to pay for the service?

Jennifer

Dear Jennifer,

Yes, you have the right to appeal Medicare's denial of your ambulance trip. Generally, Medicare beneficiaries have the right to appeal if Medicare denies payment for a health care service or item. If the ambulance trip was medically necessary and was the only safe way to get you to the hospital in your condition, Medicare should cover your trip. The steps to appeal the decision are listed on your Medicare Summary Notice (MSN). If you have a Medicare Advantage plan, the denial and appeal information will be listed in your Explanation of

Benefits (EOB) notice.

Remember, if you have Original Medicare, you will receive a Medicare Summary Notice (MSN) every three months detailing the health care services you have received, what Medicare paid for these services, and what you may owe. Read your MSN carefully each time you receive it to check if Medicare has denied payment for any services. If Medicare denies a service, it will be clearly listed on your MSN.

The last page of your Medicare Summary Notice will detail the steps to take to file an appeal. If you are confused or unsure of what to do, you can call 800-Medicare or your provider for help. In order for your appeal to be considered, Medicare must receive the appeal within 120 days of the date on your MSN. This date appears in the box on the last page of your MSN. Keep in mind it is important to include relevant medical records and a doctor's letter of support in any appeal.

Know that there is more than one level of appeal, and you can continue appealing

if you are not successful at the first level of appeal. Make sure that you follow the rules outlined in the appeals process, and that you keep to the timeframe for submitting appeals.

If you have a Medicare Advantage plan, your Explanation of Benefits notice (EOB) will list the health care services you have received over a period of time, similar to the MSN. If your plan is denying a service, this information will be listed in your EOB. Your plan will also send you a separate notice stating that a service was denied called the Notice of Denial of Payment, which will give more instructions about appealing your plan's decision.

-Marci

